



# You wouldn't eat 16 teaspoons of sugar - *so why drink it?*

600ml  
cola  
**16**  
teaspoons  
sugar per bottle

500ml  
iced tea  
**8**  
teaspoons  
sugar per bottle

600ml  
sports drink  
**9**  
teaspoons  
sugar per bottle

250ml  
energy drink  
**7**  
teaspoons  
sugar per can

600ml  
lemon squash  
**16**  
teaspoons  
sugar per bottle

1100ml  
slushy  
**25**  
teaspoons  
sugar per cup

